



KEEP NUTRITION COLORFUL



By Eating a Rainbow of Fruits and Veggies!

When we say eat a rainbow, that means make sure you eat each color every day. Why? Because each color represents a nutrient your body needs to thrive!¹

Green:

Spinach, broccoli, asparagus, peas, avocado, brussels sprouts, green beans, zucchini, green pears, green apples, kiwi, watercress, arugula, dark green leafy lettuce, endive



White/Brown:

Cauliflower, garlic, ginger, mushrooms, onions, shallots, potatoes, parsnip, turnip, kohlrabi, bananas, brown pears, white peaches, dates



Orange/Yellow:

Carrots, pumpkin, corn, sweet potato, rutabagas, yellow tomatoes, butternut squash, lemons, mangoes, pineapples, oranges, cantaloupe



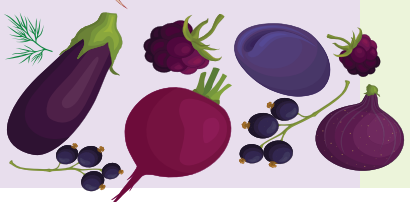
Red/Dark Red:

Tomatoes, red peppers, radishes, beets, red potatoes, strawberries, watermelon, red apples, rhubarb, cherries, red grapes, raspberries, blood oranges



Blue/Purple:

Purple asparagus, red cabbage, eggplant, black olives, purple carrots, purple fleshed potatoes, plums, blackberries, blueberries, concord grapes, raisins



Why it Matters

Many Americans fall short of the USDA's MyPlate daily recommendations. Eating more fruits and vegetables as part of an overall healthy diet is likely to help reduced the risk of some chronic diseases. Regular exercise along with these good eating habits are likely to provide health benefits.²

Serve it Up

In general, how many servings of fruit and veggies does your family need each day?

Age/Yrs	Fruit	Veggies
2-4	1-1.5Cs	1-2 Cs
5-8	1-2 Cs	1.5-2.5 Cs
9-13	1.5-2Cs	1.5-3.5 Cs
14-18	1.5-2.5 Cs	2.5-4 Cs
Adults	1.5-2 Cs	3-4 Cs



Check out <https://www.myplate.gov/> for all the details!

We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

rethinkschoolmeals.com



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SCHOOL MEALS
One Bite at a Time

Sources:

- <https://fruitsandveggies.org/stories/fruit-and-veggie-color-list/>
- <https://www.myplate.gov/eat-healthy/vegetables>